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AMENDMENTS TO THE CLAIMS

The following listing of claims will replace all prior versions and listing of claims in the application.

1-23. (Canceled)

24. (Newly presented) Exercise equipment including a chin/pull-up exercise assist apparatus for use with an exerciser having a frontal lower leg and hands comprising:

an overhead chin-up exercise bar enabling the exerciser to execute standard full bodyweight chin-ups;

a chin-up assist apparatus comprising an elongated element having first and second ends, each of said first and second ends releasably attached to the overhead exercise bar thereby suspending the assist apparatus between the first and second ends;

said elongated element having at least one extensible elastomeric component;

a non-rigid, U-shaped sling adapted to receive therein the frontal lower leg between the ankle and the knee of the user;

said sling coupled to said at least one elastomeric component and positioned substantially centrally of the first and second ends;

wherein the at least one suspended elastomeric component provides an elastic resistance to create an upward force during performance of the chin/pull-up to offset a portion of an exerciser's body weight and thereby assist the exerciser in performing the chin/pull-up.

25. (Newly presented) The chin/pull-up exercise assist apparatus of Claim 24 wherein the overhead chin-up exercise bar comprises a standard bar.

26. (Newly presented) The chin/pull-up exercise assist apparatus of Claim 24 wherein the overhead chin-up exercise bar is doorway mounted.

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27. (Newly presented) The chin/pull-up exercise assist apparatus of Claim 24 wherein the overhead chin-up exercise bar is integrated with other exercise stations as part of a multi-function exercise unit.

28. (Newly presented) The chin/pull-up exercise assist apparatus of Claim 24 wherein a longitudinally hollow device having two ends is longitudinally fitted around the at least one extensible elastomeric component on each side of the U-shaped sling wherein the at least one extensible elastomeric component can stretch beyond the two ends of the longitudinally hollow device.

29. (Newly presented) The chin/pull-up exercise assist apparatus of Claim 24 wherein the U-shaped sling is made of at least one type of water absorbing material or fabric such that when it is disengaged from the apparatus it can function as a gym towel.

30. (Newly presented) The chin/pull-up exercise assist apparatus of Claim 24 wherein the U-shaped sling is releasably suspended from the overhead chin-up exercise equipment by at least one extensible elastomeric component attached between each end of the sling and the overhead chin-up exercise equipment.

31. (Newly presented) The chin/pull-up exercise assist apparatus of Claim 24 wherein the at least one extensible elastomeric component is exchangeable.

32. (Newly presented) The chin/pull-up exercise assist apparatus of Claim 24 wherein suspension length adjustability is achieved by at least one of adjustable length components and spaced component attachment points on the apparatus.

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33. (Newly presented) Exercise equipment including a chin/pull-up exercise assist apparatus for use with an exerciser having a frontal lower leg and hands comprising:

securely mountable, overhead chin-up exercise equipment including an overhead chin-up bar enabling the exerciser to execute standard full bodyweight chin-ups;

a chin-up assist apparatus comprising an elongated element having first and second ends, each of said first and second ends releasably attached to the chin-up equipment thereby suspending the assist apparatus between the first and second ends;

said elongated element having at least one extensible elastomeric component;

a non-rigid, U-shaped sling adapted to receive therein the frontal lower leg between the ankle and the knee of the user;

said sling coupled to said at least one elastomeric component and positioned substantially centrally of the first and second ends;

wherein the at least one suspended elastomeric component provides an elastic resistance to create an upward force during performance of the chin/pull-up to offset a portion of an exerciser's body weight and thereby assist the exerciser in performing the chin/pull-up.

34. (Newly presented) The chin/pull-up exercise assist apparatus of Claim 33 wherein a longitudinally hollow device having two ends is longitudinally fitted around the at least one extensible elastomeric component on each side of the U-shaped sling wherein the at least one extensible elastomeric component can stretch beyond the two ends of the longitudinally hollow device.

35. (Newly presented) The chin/pull-up exercise assist apparatus of Claim 33 wherein the U-shaped sling is releasably suspended from the overhead chin-up exercise equipment by at least one extensible elastomeric component attached between each end of the sling and the overhead chin-up exercise equipment.

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36. (Newly presented) The chin/pull-up exercise assist apparatus of Claim 33 wherein the at least one extensible elastomeric component is exchangeable.

37. (Newly presented) The chin/pull-up exercise assist apparatus of Claim 33 wherein suspension length adjustability is achieved by at least one of adjustable length components and spaced component attachment points on the apparatus.

38. (Newly presented) Exercise equipment including a chin/pull-up exercise assist apparatus for use with an exerciser having a frontal lower leg and hands comprising:

securely mounted, overhead chin-up exercise equipment including an overhead chin-up bar enabling the exerciser to execute standard full bodyweight chin-ups;

a chin-up assist apparatus comprising an elongated element having first and second ends, each of said first and second ends releasably attached to the chin-up equipment thereby suspending the assist apparatus between the first and second ends;

said elongated element having at least one extensible elastomeric component;

a non-rigid, U-shaped sling adapted to receive therein the frontal lower leg between the ankle and the knee of the user;

said sling coupled to said at least one elastomeric component and positioned substantially centrally of the first and second ends;

wherein the at least one suspended elastomeric component provides an elastic resistance to create an upward force during performance of the chin/pull-up to offset a portion of an exerciser's body weight and thereby assist the exerciser in performing the chin/pull-up.

39. (Newly presented) The chin/pull-up exercise assist apparatus of Claim 38 wherein the overhead chin-up exercise equipment is integrated with other exercise stations as part of a multi-function exercise unit.

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40. (Newly presented) The chin/pull-up exercise assist apparatus of Claim 38 wherein a longitudinally hollow device having two ends is longitudinally fitted around the at least one extensible elastomeric component on each side of the U-shaped sling wherein the at least one extensible elastomeric component can stretch beyond the two ends of the longitudinally hollow device.

41. (Newly presented) The chin/pull-up exercise assist apparatus of Claim 38 wherein the U-shaped sling is releasably suspended from the overhead chin-up exercise equipment by at least one extensible elastomeric component attached between each end of the sling and the overhead chin-up exercise equipment.

42. (Newly presented) The chin/pull-up exercise assist apparatus of Claim 38 wherein the at least one extensible elastomeric component is exchangeable.

43. (Newly presented) The chin/pull-up exercise assist apparatus of Claim 38 wherein suspension length adjustability is achieved by at least one of adjustable length components and spaced component attachment points on the apparatus.